

Flu Terms Defined

Seasonal (or common) flu is a respiratory illness that can be transmitted person to person. Most people have some immunity and a vaccine is available.

Avian (or bird) flu is caused by influenza viruses that occur naturally among wild birds. The H5N1 variant is deadly to domestic fowl and can be transmitted from birds to humans. There is no human immunity and no vaccine is available.

Pandemic flu is virulent human flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person. Currently, there is no pandemic flu.

Source: www.pandemicflu.gov

Hand washing is the most important – and simplest – action one can take to help prevent the spread of many germs that make people sick. Washing hands frequently would significantly reduce the spread of respiratory illnesses such as the flu and pertussis; diseases such as pinkeye and hepatitis A; and gastro-intestinal illnesses like norovirus and salmonella. Studies have shown that vigilant hand washing can reduce illnesses in communities by up to 50 percent.

The proper way to wash hands is with soap and warm water for 20 seconds, scrubbing all parts of the hands, especially under fingernails and the nail beds. Alcohol-based hand sanitizers can be used when soap and water is not available, however, hand sanitizers should not be a replacement for proper hand washing.

Make good hygiene a habit:

- Wash hands frequently with soap and water.
- Cover your mouth and nose with a tissue when you cough or sneeze. Put used tissues in a waste basket.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.
- Stay at home if you are sick.

Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request.

Pandemic Flu Town Meeting

April 18, 2006
7 p.m.

Board Auditorium
Fairfax County Government Center
12000 Government Center Parkway
Fairfax, Virginia

*Sponsored by
Fairfax County Government*



Fairfax County is taking a coordinated approach to planning for pandemic flu, a global outbreak of a novel strain of influenza with efficient human-to-human transmission. County pandemic flu planners are working to produce a plan by the summer of 2006 that will supplement the county's emergency operations plan, and remain flexible as information is added or changed.

“Planning for pandemic flu is not just a government issue. It is important that residents understand their individual responsibility to prepare themselves and their families for pandemic flu.”

Dr. Gloria Addo-Ayensu

Fairfax County Health Director

Information about pandemic flu and additional resources are available at:

- ◆ Fairfax County Pandemic Flu Web page:
www.fairfaxcounty.gov/emergency/pandemicflu
- ◆ Fairfax County Health Department Web page:
www.fairfaxcounty.gov/hd
- ◆ Virginia Department of Health Web site:
www.vdh.virginia.gov
- ◆ CDC Pandemic Flu Web page:
www.cdc.gov/flu/pandemic
- ◆ The official U.S. government pandemic flu Web site:
www.pandemicflu.gov

For more information about Fairfax County's pandemic flu planning initiative, contact the Fairfax County Health Department at 703-246-2411, TTY 703-591-6435.

Welcome

The Honorable Gerald E. Connolly
Chairman
Fairfax County Board of Supervisors

Introduction and Overview of Pandemic Flu

Dr. Gloria Addo-Ayensu
Director of Health
Fairfax County Health Department

Birds and Avian Flu

Dr. Julia Murphy
State Public Health Veterinarian
Virginia Department of Health

Critical Infrastructure

Roy Shrout
Acting Deputy Coordinator
Fairfax County Office of Emergency Management

Question-and-Answer Session*

Q & A with the presenters and
Fairfax County Deputy County Executives
Verdia Haywood and Rob Stalzer

Closing Remarks

Chairman Connolly

** Questions for the panel will be taken from participants in the auditorium, as well as live via telephone at 703-818-1445 and e-mail at wwwcpd@fairfaxcounty.gov.*

Additional handouts and materials are available
at the entrance to the Board Auditorium.